



FYI WOMEN CAREGIVERS

*Women are many Things.
Women do many Things.
Women are Caregivers.*

We may not always identify ourselves as being caregivers, but we are the ones who take care of our families and provide for their well-being. Our families turn to us for support, guidance, and assistance.

- About 75 percent of caregivers are women. Women provide the majority of informal care to spouses, parents, parents-in-law, friends, and neighbors. And they play many roles while care giving – hands-on health provider, care manager, friend, companion, surrogate decision-maker, and advocate.
- The value of the informal care that women provide ranges from \$148 billion to \$188 billion annually.
- The average caregiver is a 46-year-old married woman, who works outside the home earning an annual income of \$35,000.
- Although men also provide assistance, women caregivers spend about 50 percent more time providing care than men.
- A national study on women and care giving highlighted the conflicting demands of work and eldercare and found that in order to give care:
 - 33 PERCENT of working women decreased work hours
 - 29 PERCENT passed up a job promotion, training, or assignment
 - 22 PERCENT took a leave of absence
 - 20 PERCENT switched from full-time to part-time employment
 - 16 PERCENT quit their jobs
 - 13 PERCENT retired early
- Care giving places a strain on the precarious nature of many women's retirement income, which means for most women, fewer contributions to pensions, Social Security, and other retirement savings.

The best place to start getting information on caregiver services is the state and county offices on aging:

State Executive Office on Aging	(808) 586-0100
Honolulu Elderly Affairs Division	(808) 523-4545
Kauai Agency on Elderly Affairs	(808) 241-6400
Maui County Office on Aging	(808) 270-7755
Hawaii County Office of Aging	Hilo: (808) 961-8600 Kona: (808) 327-3597

All information on this page is supplied by the Hawaii State Commission on the Status of Women (HSCSW). The mission of HSCSW is to ensure the rights of women and girls in Hawaii through advocacy, education, collaboration, and program development. It is the only statewide government and community resource dedicated to addressing the broad scope of issues impacting women and girls in Hawaii. Learn more at www.state.hi.us/hscsw.